

### 2019 WINTER SCHEDULE REGULAR CLASSES • JAN 7 TO MAR 30

Day	Time	Class	Instructor
MON	9:30 am	Level 2	Raenel
	11:30 am	<b>Back to Basics</b>	<b>Regan</b>
	1:30 pm	<b>Restorative</b>	<b>Regan</b>
	5:30 pm	<b>Beginner/Level 2</b>	<b>Drew</b>
	7:15 pm	<b>Men's</b>	<b>Drew</b>
TUES	7 am - 8 am	Pranayama	Drew
	9:30 am	<b>Beginner/Level 2</b>	<b>Paul</b>
	6 pm	Level 3	Andrea
WED	9:30 am	Level 2	Drew
	11:30 am - 12:45 pm	<b>Seniors</b>	<b>Drew</b>
	5:30 pm	Level 2	Andrea
	7:15 pm	<b>Beginner</b>	<b>Andrea</b>
THURS	1:30 pm	Cancer Class <i>*no drop-ins*</i>	Regan
	5:30 pm	<b>Beginner/Level 2</b>	<b>Raenel</b>
	7:15 pm	<b>Restorative</b>	<b>Raenel</b>
FRI	9:30 am	Level 2-3	Regan
	11:30 am - 12:45 pm	<b>Seniors</b>	<b>Regan</b>
SAT	9 am	Level 3	Andrea
	11 am	<b>Beginner</b>	<b>Regan</b>
	1pm	Level 2	Regan

All classes are 1.5 hours unless otherwise noted.

**Classes in BOLD suitable for NEW STUDENTS**  
SCHEDULE SUBJECT TO CHANGE

**WWW.YOGANORTHWINNIPEG.CA**

**FIRST CLASS FREE FOR NEW STUDENTS\***  
**START ANYTIME**

*\*Manitoba Residents Only*

**YOGA NORTH IS CLOSED**  
**DEC 23, 2018-JAN 6, 2019,**  
**FEB 2, FEB 18**

### WOMEN'S ESSENTIALS

workshop series with Regan Tataryn

In this workshop series, we will explore sequences for women of all ages that help to optimize overall health including physical, organic, mental and emotional health. These practices will be simple so that you can take them into your own home practice.

**All levels welcome.**

**Class subject to minimum enrollment.**

**Dates:** Thursdays from January 10 - February 28

**Times:** 10:30 to Noon

**Fee:** \$160 (8 week session)

### EXTENDED PRACTICES

with Regan Tataryn

A 2.5 hour class allowing for progressive, systematic development and understanding of asana to reach more advanced poses. Students will have more time to look at different poses and ask questions in order to deepen their knowledge and awareness.

**Open to students level 2 and up who have completed a beginner session.**

**Dates:** Sunday, January 20, February 17, March 17

**Times:** 2:30 pm to 5 pm

**Fee:** \$30 per class

### LISA TOWSON

weekend workshop

The teachings of Lisa Towson will awaken a deeper reflection on the meaning of your yoga practice. Lisa travels regularly to Pune, India to study directly with the Iyengar family and institute teachers as well as many Canadian senior teachers. She holds her Intermediate Junior III level of Iyengar yoga certification. **Suitable for level 2 and up.**

**Dates:** February 1, 2, 3

**Times:** Friday 6 pm to 8:30 pm

Saturday 9 am to 1 pm

Sunday 9 am to 1 pm

**Fee:** \$230 or \$225 with food bank donation

# FEES

## REGULAR CLASSES

10 classes.....	\$160
Flex Option (3 to 9 classes).....	\$17.50/class
Drop-In.....	\$20/class
Pranayama.....	\$13.50/class
or use of class card	

## SENIORS CLASS (60 YEARS PLUS)

10 classes.....	\$125
Drop-in.....	\$13.50/class

**STUDENTS:** 10% discount on classes and workshops. Not applicable to unlimited memberships.

**ALL CLASS CARDS EXPIRE MARCH 30, 2019  
NO CLASS TRANSFERS INTO THE NEXT SESSION**

## UNLIMITED MEMBERSHIPS

**4 WEEK UNLIMITED**..... \$150

**SESSION UNLIMITED**  
Jan. 7 to Mar. 30, 2019..... \$420

## IYENGAR YOGA

Yoga North teaches **Iyengar yoga** in which yoga poses are learned in a systematic, progressive way to build mobility, stability, strength and alignment.

**THE STUDIO** is owned and operated as a partnership by Andrea Erb, Regan Tataryn, Janine Gobeil, and Drew Perry. Val Paape continues as a senior teacher.



**Iyengar-Certified Teachers.**

## CONTACT

894 Westminster Ave.  
Winnipeg, Manitoba R3G 1B5

**Phone:** (204) 779-6895

**Web:** [www.yoganorthwinnipeg.ca](http://www.yoganorthwinnipeg.ca)

**Email:** [info@yoganorthwinnipeg.ca](mailto:info@yoganorthwinnipeg.ca)



# YOGA NORTH

Iyengar Yoga Winnipeg



## WINTER 2019

January 7 to March 30

## START ANYTIME!